

Securian Financial Insurance Plans

Imagine starting your day feeling confident that you are prepared for an unexpected accident or injury that may come your way. Being prepared provides peace of mind and sound security and assures you are financially equipped to face the future when the unforeseen occurs.

If you are not ready for the unexpected, Securian Financial, the administrator of the Group Universal Life (GUL) Insurance and Accident and Critical Illness (A&CI) Insurance plans for the State of Delaware, is here to help.

- [GUL Insurance](#) offers protection for your family's financial future due to unexpected loss of life and income. Eligible employees can enroll and make coverage changes for themselves, as well as their spouse and/or children, anytime during the year.
- [A&CI Insurance](#) provides lump sum cash payments if you, or a covered dependent, suffer an injury from an accident or are diagnosed with a condition covered under the policy. Eligible employees may sign up during Open Enrollment or due to qualifying events.



State Employee Benefits Committee (SEBC) Corner

At its January meeting, the SEBC reviewed the SBO FY23 Strategic Plan [Executive Summary](#) and the [FY22 results](#) of the Group Health Insurance Plan (GHIP) Strategic Framework Goals. The Committee continued to discuss potential revisions to the goals of the [GHIP Strategic Framework](#), and [PrudentRx](#) (a possible FY24 solution for managing specialty pharmacy spending). The Subcommittees continued to evaluate options to solve the FY24 projected deficit.

SEBC and Subcommittee meetings are open to the public and include an opportunity for public comment. Visit the [SEBC page](#) for meeting information and more.

Complete the Employee Benefits Modernization Survey

Benefit-eligible state employees should have received an email to complete the online *Employee Benefits Modernization Survey* earlier this month from Willis Towers Watson (WTW) from this email address, BenefitsSurveyDE@wtwco.com. If you still need to complete it, please take time to do so by February 17, 2023. Your feedback is completely **confidential**, as only aggregated data will be shared with the State Employee Benefits Committee (SEBC)/State of Delaware.

The survey is a unique opportunity for you to share feedback on your benefits and other components of your total rewards, including compensation, time off, training and career development opportunities, recognition, and retirement savings plan. The survey results will help the SEBC/State of Delaware determine what combination of rewards they should invest in, and which would motivate employees to stay with the State of Delaware.

Thank you for participating in the survey and for sharing your feedback!

National Cancer Prevention Month

Facing a cancer diagnosis can be stressful. It may leave you with questions about navigating life with this diagnosis. Some patients develop symptoms, while others may not show symptoms until the disease has progressed. Screenings may find breast, cervical, and colon cancers early when treatment is likely to work best. As we begin a new year, the Statewide Benefits Office wants to remind you to schedule those life-saving appointments. You can also reduce your risk of developing cancer by making healthy choices like being physically active, maintaining a healthy weight, avoiding tobacco, protecting your skin, and limiting the amount of alcohol you drink. To learn more, visit SBO's [Cancer Resources](#) page.

Weight Management Resources Page

Whether you are trying to lose weight or live a healthier lifestyle, it may be a good time to start with the New Year. Being overweight and obese are common conditions in the United States with many contributing factors, such as unhealthy eating behaviors, lack of sleep and physical activity, some medications, high amounts of stress and family history. These conditions are also linked to many health problems, such as heart disease and diabetes.

Employees and non-Medicare pensioners can access guidance and support through their State of Delaware Aetna or Highmark Delaware non-Medicare health plan as they embark on healthier lifestyles by visiting SBO's new [Weight Management Resources](#) page. SBO has put together all of the available resources in one easy-to-find location.

Upcoming Webinars

Aetna offers monthly [webinars](#) that employees, pensioners, and their family members can attend, regardless of enrollment in a State health plan. There is no need to register; simply click the link below to attend.

- Collaborative Communication – [2/8 @ 5pm](#)
- Overcoming Burnout – [2/21 @ 12pm](#)

ComPsych® GuidaneResources® is offering webinars that employees, pensioners, and their family members can attend, regardless of enrollment in a State health plan. Click on the links below to register:

- Running on E: Adding Energy and Passion to Your Work and Life – [03/15 @ 10am](#)

Delta Dental offers [webinars](#) addressing good oral health that employees, pensioners, and their family members can attend, regardless of enrollment in a Delta Dental plan.

- Oral Health and Wellness – [2/9 @ 3pm](#)

The webinars above will be recorded and posted to the website if you are unable to attend.

Empowering You

Many people set healthy goals as part of their New Year's resolutions. You might want to exercise more or eat healthier. However, it is just as important to know how to use your health plan. Knowing what is covered under your plan, what services are provided, and which providers are in network can empower you to take control of your health.

Highmark Delaware members have access to the following:

- Custom Care Management Unit (CCMU) – Contact a nurse health coach whenever you need assistance with care or help with managing conditions. Call 1-844-459-6452 for more information.
- ShareCare® – Find your RealAge® and track your daily habits to take control of your health and grow younger.
- Highmark Delaware Member App – [Download](#) the app to view usage and coverage information, see if a provider is in network, and more.

Aetna members have access to the following:

- Aetna One® Advisor – Get free support on managing your health, coordinating your care, and meeting your health goals. Call 1-877-542-3862 for more information.
- Aetna Member App – [Download](#) the app to view usage and coverage information, see if a provider is in network, and more.

For more information, go to [SBO's website](#) and click on your group and health plan.

The Science Behind Food and Mood

You may have heard the phrase, "you are what you eat." We know that what we eat can affect our physical body. We have more energy and are sharp when we eat vegetables, fruits, lean meats, and healthy grains. But did you know that what we eat can also affect our mental health? Just making small healthy swaps in what you eat and hydrating with water can positively impact mental health. Here are some tips for incorporating healthy choices to improve your mood:

- Commit to making small changes.
- Meal prep on the weekends to help with making better choices during the week.
- Choose healthy foods you enjoy and try some new ones.
- Use a fun water bottle or an app to track your water intake to meet your hydration goals.
- Take a walk with your family, friends, or pet.

For more tips, check out the full article from [Aetna](#).

Hidden Treasures: Go to the EyeMed page on SBO's website and find "Get a Cost Estimate." Describe this benefit in an email sent to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Alpa V. from the Department of Health and Social Services!